

SAMSSites Recipes

Hummus

The Internet

We like it as an alternative to peanut butter and cheese for sandwiches.

- 1 16 oz can of chick peas or garbanzo beans
- 1/4 cup of tahini
- 1/4 lemon juice
- 2 tablespoons of olive oil
- 2 tablespoons of water
- 2 garlic cloves minced
- 1/2 teaspoon of cumin seed powder or ground



Put tahini sauce and lemon juice in a food processor and blend. Add oil and water. Drain chick peas and rinse. Then add chick peas garlic and cumin. Add salt to taste. I don't use it in cooking.